

Cheshire & Warrington School Games Festival

Gymnastics – Team Event

KEY INFORMATION	
Age Category	Year 5&6
Squad size	Maximum of 5 Gymnasts with the best 4 scores counting towards the end result. A mixture of the two year groups can be used or a team can be from one year group.
Gender	Minimum of 2 boys and 2 girls in a team (ratio 3:2).
Eligibility	<p>This competition is aimed at young people at the early foundation level as an introduction to the sport. Competitors must <u>not, or ever have been,</u> members of a British Gymnastics Affiliated Club and should not have competed previously in a competition higher than Key Steps. It is the responsibility of the teachers and coaches involved to select appropriate young people to take part in the competition.</p> <p>*Please note that if club gymnasts are suspected, their score will not be counted! There will be a separate competition for club gymnasts this year, please see individual competition fact sheet.</p>
Basic Rules	<p>This is a foundation level competition and as such gymnasts should wear t-shirt and shorts – Leotards should not be worn.</p> <p>During the competition each gymnast will be required to perform 3 disciplines. (See section 2 of the Key Step Competition Pack)</p> <p>Step 2 – Floor Exercise (Key Stage 2 – Years 5&6) Step 2 – Body Management (Key Stage 2 – Years 5&6) Step 2 – Vault (Key Stage 2 – Years 5&6) - Option (A) or (B) can be adopted. Gymnasts will therefore have the option to perform with or without a springboard.</p> <p>Each gymnast's performance is marked out of 10 for each routine. Having completed the Floor, Vault and Body Management an overall mark out of 30 will be given.</p> <p>The top 4 individual scores from the 5 gymnasts competing will count towards the overall team score.</p>

	<p>Judging</p> <p>Floor sequence & Body Management sequence</p> <p>Each sequence will be judged from 10.00 marks. The floor sequence is a 'set' sequence and this means that the gymnasts must perform the movements exactly as the sequence has been written down. No additional skills or movements should be included. Each Skill in the sequence has a value of 1.0 mark. If a gymnast misses out a skill they will automatically lose 1.0 full mark. Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 – 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.</p> <p>Vault</p> <p>Vaults will be judged from 10.00 Marks Gymnasts will perform the Vault as laid out in the Step 1 Vault Card. Gymnasts may have 2 attempts. The best mark will count. Marks will be deducted based on the size of the mistake i.e. a small mistake could result in a 0.1 – 0.2 mark penalty, a large mistake could result in up to 0.5 marks being deducted.</p> <p>For further information on any of the above, see section 4 of the Key Steps Competition Pack.</p> <p>Health & Safety</p> <p>Before any competition takes place, the following MUST be read and adhered to: Long hair must be tied back. No jewellery should be worn. All loose clothing must be tucked in. No chewing gum/sweets allowed. All gymnasts should have warmed up appropriately before each routine. First aider will be on site, however please ensure pupils bring with them any medical supplies they may need i.e. asthma inhalers.</p>
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	<p>All teachers must ensure their pupils are under adult supervision at all times, even when performing.</p> <p>Please ensure your pupils have been thoroughly briefed with regards to health and safety.</p> <p>The Key Step Gymnastics competition resource has been put together by Gymnastics England in response to numerous requests for a competition framework for 'grass-roots' development in Primary schools. Key Steps resource packs are available from British Gymnastics.</p>
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COMPETITION DELIVERY DETAILS	
Name	Lauren Ault
Role	Competition Organiser
Organisation	Macclesfield Gymnastics Club